HYDRATION AND ALCOHOL

WHY HYDRATE?

When dehydrated, the amount of water in the body has dropped below optimal level (our bodies are about two-thirds water). Small decreases don't cause problems, and in most cases, they go completely unnoticed.

WHY HYDRATE?

3 LEVELS OF DEHYDRATION:
Mild (3% to 5% of your body weight)
Moderate (6% to 9%)
Severe (10% or more)

CAUSES:

Gastrointestinal illness (stomach flu), dieting, ine/alcohol consumption, insufficient fluid int

SYMPTOMS OF DEHYDRATION

- Thirst
- Dark urine
- Headache
- Dizziness
- Nausea
- Weakness
- Chills
- Dry mouth, tongue, throat, lips
- Lack of appetite

SYMPTOMS OF DEHYDRATION

- Stomach cramps or vomiting
- Irritability
- Decreased amount of urine production
- Increased or rapid heartbeat
- Decreased energy level
- Decreased performance
- Decreased mental function
- Unconsciousness

PREVENTION OF DEHYDRATION

Prior to Flight

17-20 oz 2-3 hours before take-off

During Flight

28-40 oz for every hour

(7-10 oz every 10-15 minutes)

Post Flight

20-24 oz for every pound of weight lost through sweat (within 2 hours of landing)

ALCOHOL AND FLYING

<u>Consumption of alcohol prior to flying impairs your entire system!</u>

Planning, Judgment, Calculation, Vigilance, Sequencing and Memory

Visual/Vestibular function limited--speed of eye in pursuing a target, blurred vision

Perception and Spatial orientation--ability of vestibular system to function and interact with vision *decreased or completely incapacitated*

ALCOHOL AND FLYING

HANGOVER--effects can be observed 14 hours after alcohol ingestion

<u>Even small amounts of alcohol can have an impact!</u>

Levels as low as .025% BAC

Clearly impaired by .04% BAC

Increase the level, and the more profound the impairment

EFFECTS OF ALCOHOL

Alcohol is a depressant *although* after 1-2 drinks
you definitely feel stimulated.

Misleading sensation! Alcohol brings about the release of
usual restraints and inhibitions

Feeling of security, well-being, confidence

***In reality, thinking is sluggish, response to situations less
and ability to perform tasks with speed and accuracy is ham*

ALCOHOL AND PERFORMANCE

Decreases strength, power, speed, cardiovascular and muscular endurance (G Tolerance)

Powerful diuretic--can lose 3% of body weight within four hours of consumption

Motor Skills--coordinated motor functions impaired

Risk-taking behavior--euphoria and impaired judgment

QUESTIONS?